



*Always Ready
Always There*

The Gem State Guardian

The official newsletter of the
Idaho National Guard

**ISSUE #77
JUNE 6
2015**

Idaho Army National Guard's best warriors

By Maj. Chris Borders, Idaho National Guard
Public Affairs

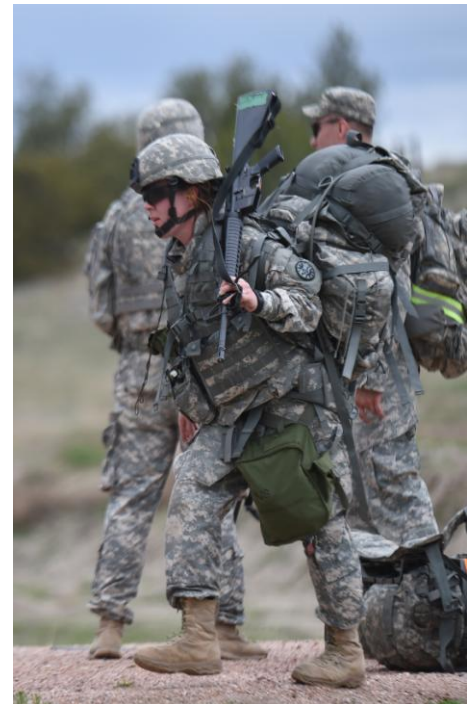
Of the 14 Idaho Army National Guard soldiers who competed in Idaho's Best Warrior Competition last September, Spc. Joaquin Calderon and Sgt. Chrystina Vinson, both from the 116th Brigade Special Troops Battalion went on to compete in the regional 2015 Best Warrior Competition held in Wyoming during the month of May.

Calderon, who excelled at the physical aspects of the competition by finishing first-place in the ruck march event said, "Being a Soldier is about being physically and mentally fit. I'm an athlete so I train every single day. I usually run about six miles a day with a 50 pound bag."

Vinson was the sole female competitor in the field and spent months preparing for the regional level after winning the state competition. "I did a lot of studying, a lot of bookwork," she said. "There's a lot to learn and to know. There's all the warrior tasks, all the paperwork, all the different programs. I did a lot of that, but then I just tried to stay fit."

Vinson was quick to thank the people who helped prepare her for the competition and motivated her along the way. "I'm really glad I have a ton of people supporting me," she said.

Although neither Soldier made it on to the national competition occurring the last week of June at Camp Williams, Utah, both did an outstanding job representing the Idaho Army National Guard!



Chrystina Vinson of the Idaho Army National Guard's DET 1 AC 116th Brigade Support Troops Battalion approaches the 600-yard lane at the Known Distance Range at Camp Guernsey Joint Training Center during the third day of the Region 6 Best Warrior competition, held 11-14 May. (Wyoming Army National Guard photo by Sgt. 1st Class Jimmy McGuire/released)



Spc. Joaquin Calderon of the Idaho Army National Guard's C Company, 116th Brigade Special Troops Battalion listens during the opening day briefing of the Region 6 Best Warrior Competition. The annual competition pits the best noncommissioned officers and soldiers from eight western states. (Wyoming Army National Guard photo by Sgt. 1st Class Jimmy McGuire/released)

Guardian Online Staff

Maj. Gen. Gary Sayler
Commanding General

Col. Tim Marsano
Editor

Maj. Chris Borders
Editor